

Health Tips

for seniors

Understanding Food Labels

Tells you how much one serving is equal to & how many of those servings are in this food package.

Tells you how many total calories (energy) each serving has & how many of those calories are fat calories.

Tells you how much of the recommended daily amount of a nutrient is in one serving of food. 5% or less is considered low & greater than 20% is considered high.

Tells you how many grams of each listed nutrient is in a serving.

Tells you how much of your daily recommended amount of a nutrient is in one serving. These four vitamins & minerals are the ones that most Americans are lacking in.

Daily value recommendations.

Tells you how many calories are in each gram of fat, carbohydrate, & protein.

Nutrition Facts

Serving Size ½ cup (114g)
Servings Per Container 4

Amount Per Serving

Calories 90 Calories from Fat 30

%Daily Value*

Total Fat 3g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 300mg 13%

Total Carbohydrate 13g 4%

Dietary Fiber 3g 12%

Sugars 3g

Protein 3g

Vitamin A 80% • Vitamin C 60%

Calcium 4% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Sat Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4